

Winter Sports Safety Quiz

1)

The U.S. Consumer Product Safety Commission study estimated that 7,700 head injuries could be prevented or reduced in severity each year by wearing a helmet while snowboarding and skiing.

_____ a) true b) false

2)

Almost $\frac{1}{4}$ of snowboarding injuries occur during a person's first experience.

_____ a) true b) false

3)

If you find yourself on a slope that is too difficult for you to handle, you should remove your snowboard or skis and carefully side step down the slope.

_____ a) true b) false

4)

Head injuries are the leading cause of snowmobile related mortality and serious morbidity.

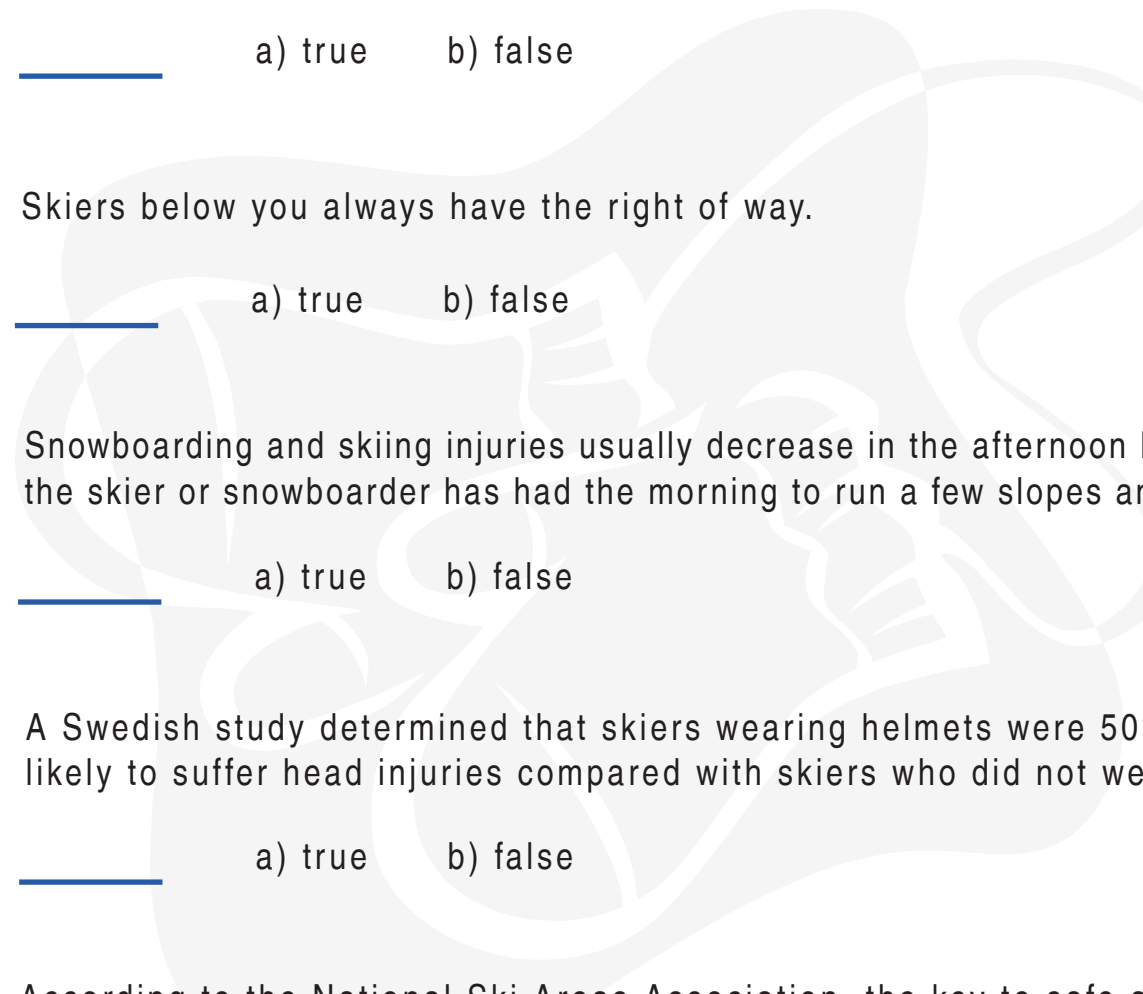
_____ a) true b) false

5)

Ice must freeze to a uniform depth of at least 2 inches before it is firm enough for group skating.

_____ a) true b) false

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- 6) _____ a) true b) false
Children under age five should never ride on snowmobiles.
- 7) _____ a) true b) false
Skiers below you always have the right of way.
- 8) _____ a) true b) false
Snowboarding and skiing injuries usually decrease in the afternoon because the skier or snowboarder has had the morning to run a few slopes and warm up.
- 9) _____ a) true b) false
A Swedish study determined that skiers wearing helmets were 50% less likely to suffer head injuries compared with skiers who did not wear helmets..
- 10) _____ a) true b) false
According to the National Ski Areas Association, the key to safe and successful skiing is control.

Scoring:

9-10 Correct: Congratulations! You know how to enjoy winter sports safely!

6-8 Correct: You are aware of many safety issues concerning winter sports.

5 or less correct: You may want to check out SafeUSA's Winter Sports Injury Prevention at <http://www.cdc.gov/safeusa/slopes.htm> or the National Ski Areas Association at <http://www.nsaa.org>.

Answers: 1) True 2) True 3) False 4) True 5) False 6) True 7) True 8) False 9) True 10) True